

A Prayer for Parenting

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Parent of All:

You have blessed us with children,
with the *b'rit*/covenant of parenthood,
with deep reservoirs of love, concern, responsibility, and guidance.

Thank You, Close One,

for the astounding privilege of parenting;
for discovering capacities we had not known in ourselves;
for the blessings of health, safety, discovery, joy,
and love for, and from, our children and all children;
for opening our minds with curiosity,
our hearts with compassion,
our communities with care.

Help us to emulate the care of your *Shekhinah*:

To listen well and to respond sensitively;
To be open and flexible, or clear and unyielding, as necessary;
To maintain boundaries and yet to extend ourselves in some new ways;
To know when to speak and when to be silent;
To speak truth and match our deeds to our words;
To rely on profound beliefs and hard-earned knowledge,
but also to be able to take risks if required;
To have faith in ourselves and in our world
so that we can do what is needed;
To maintain hope and vision when the challenges before us are so hard.

When we are wracked by worry,

Help us reach for calm and equilibrium.

When we find ourselves confused and lost,

Open for us Your Torah and the Torah of loving parents' lived experience.

When disappointment, frustration, or rage mount within us,

Enable us to keep perspective, consider different options,
and channel the energy towards relationship and renewal.

Help us, Parent of all parents, to care for ourselves properly and regularly,
in body, mind, and spirit,

so that we can be as present and effective as possible,
and model the *shmirat hanefesh*/self care we want our children to emulate.

May the words of Your prophet Malachi be fulfilled:

“Behold, I will send you Elijah the prophet
before the coming of the great and terrible day of Adonai:
And he shall turn the heart of the parents to the children,
and the heart of the children to their parents.”

Amen.